

Your  
neighbourhood  
guide

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neighbourhood guide  
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# THE Orléans Star

August 3, 2023 • Volume 38, No. 6

Next edition August 17



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- sales
- installation
- service

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The Navan Fair makes its annual return Aug 10-13 with all the thrills and entertainment people have come to expect. FILE PHOTO

## The fair is back in town

By Fred Sherwin  
The Orléans Star

The 76th edition of the Navan Fair gets underway next Thursday, Aug. 10 with action on the midway and in the Navan Memorial Arena. Later on in the evening, the demolition derby will be the scene of massive “car”-nage as the six-cylinder vehicles go bumper to bumper for the honour of being this year’s champion.

The fair will continue over the course of the weekend and will wrap up on Sunday with a performance by Yvan Petit. In between, there will be plenty to see and do for the entire family.

Highlights include the tractor, truck and heavy horse pulls on Saturday and Sunday; the Ultimutts Stunt Dog and Cat Show with three performances a day at 11:30 a.m., 1:30 p.m. and 3 p.m. on Friday and Saturday only. You will be able to meet some of the staff from the Keepers Wildlife Rescue Centre during “Meet the Keepers” sessions on Friday and Saturday at 10 a.m. in the dairy tent. And magician and

balloon sculptor Ben Lavalee will be performing in the Navan Curling Club at 12:30 p.m., 2 p.m. and 4 p.m.

Other special attractions include all-day log carving demonstrations and two wine-tasting sessions hosted by local sommelier Nyam Bann, founder of the Kentucky Lane Wine Drinkers Society (KLWDS).

Space is limited to 20 attendees per evening. Visit [navanfair.com/special-events-2023](http://navanfair.com/special-events-2023) to see if there are any tickets left.

The highlight on Saturday will once again be the annual Navan Fair Parade which starts in front of St. Mary’s Hall on Smith Road at 10:45 a.m. and winds its way down Colonial Road to the fair grounds. A tradition that has grown over the years is the pre-parade breakfast which is served inside the church hall from 8-11 a.m.

Inside the fair grounds, Robertson Amusements will once again be operating all of the midway rides and games of chance. Opening

CONTINUED ON PAGE 2 ►



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## COMMUNITY BRIEFS



Members of the Knights of Columbus Council 5925, St-Joseph d'Orléans present a cheque for \$23,366 to Orléans-Cumberland Community Resource Centre executive director Luc Ouellette (middle holding the cheque). The money represents the proceeds from the Council 5925 charity golf tournament. The money will be used to help fund the Resource Centre's various programs including the food bank. PHOTO COURTESY OF THE OCCRC.

## Man charged in Orléans sub-division explosion expected to plead guilty

ORLÉANS – The man charged with causing an explosion that destroyed several homes under construction in Avalon earlier this year and damaged over a dozen existing homes in the vicinity is expected to plead guilty next month. Kody Troy Crosby, 35, is scheduled to appear in court on Aug. 31 to offer his plea, and a sentencing hearing is expected to follow. The blast occurred shortly before 7 a.m. on Feb. 13 causing a massive ball of fire. Six people were sent to hospital including two construction workers who had just arrived on the site. No one suffered any serious injury, but four homes under construction in the newly built Avalon Vista community were destroyed and many more were damaged. Crosby was charged with breaking and entering, criminal negligence causing bodily harm and several charges related to arson.

## Resource Centres launch school supply programs

ORLÉANS – The Orléans Cumberland Community Resource Centre and the Eastern Ottawa Resource Centre have launched their respective annual school supply drives. Anyone wishing to donate to the programs is being asked to make a financial contribution in lieu of actual school materials. To make a donation, simply visit the visiting the resource centres' respective websites. The OCCRC website is [www.crcoc.ca](http://www.crcoc.ca) and the EORC website is at [www.eorc-creo.ca](http://www.eorc-creo.ca). Residents in need of school supplies can register on one or the other website depending on their home address.

## Navan Fair has something to offer the whole family

Continued from page 1

day has been designated as Toonie Thursday when you can go on any ride for just a toonie. Friday is Bracelet Day when you can purchase a bracelet for \$40 which entitles you to unlimited rides for the day.

Of course, no Navan Fair would be complete without live entertainment performed under the domes from 9 p.m. on Thursday, Friday and Saturday night and 1 p.m. on Sunday afternoon. This year's headliners include Sterling on Thursday night, Bif Naked on Friday night, Tim & The Glory Boys on Saturday night and Yvan Petit on Sunday afternoon.

Arguably the most popular attraction at the Navan Fair, year in and year out, is the demolition derby which takes place over two nights. The first night feature the small six-cylinder cars, while the second night features the senior drivers on the demolition derby circuit.

Away from the midway, live entertainment and demolition derby, the Navan Fair also boasts a significant agricultural component. In fact, when the Fair first started 76 years

ago, it was largely an agricultural exposition. Farmers would come from miles around, including from outside the county, to show off their prized cows, horses and sheep while their spouses would square off in the baking and homecraft competitions.

When it comes to the agricultural aspect, not much has changed. There are heavy and western horse competitions, a Jersey dairy cattle show, an Ayrshire and Holstein show and a Purebred Beef cattle show.

In the Cumberland Agricultural Society building, you will find this year's winners in the baking competition, the flori-cultural show and the various homecraft contests.

So, as you can see, there is plenty to see and do at this year's Navan Fair.

Admission to the Fair is \$15 for adults, \$10 for seniors 65 and \$5 for children age 6-12. Admission to the concerts Under the Domes on Friday and Saturday night starting at 7 p.m. is an extra \$10.

A special 50/50 draw is also being held. Tickets can be purchased by visiting [www.navanfair.com](http://www.navanfair.com) and clicking on the 50/50 draw "More Info" button on the right.

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# Dapo Fun Day returns to Blackburn Hamlet on Aug. 19

By Fred Sherwin  
The Orléans Star

After a three-year hiatus, during which Dapo Fun Day was made a virtual event due to the COVID pandemic, the charity event returns to Blackburn Community Park on Saturday, August 19.

The first Dapo Fun Day was held in 2002 in honour of Aladpo Agoro who was killed while trying to break up a fight in an all-ages bar on Rideau Street. He was 18 years old at the time and just two weeks away from attending his high school prom. In fact, he was laid to rest in the suit he had picked out for the big event.

His parents Abiola and Bashir Agoro started the Dapo Agoro Foundation for Peace within weeks of his tragic death with the help of his surviving sisters, Shola and Moji, and a few close friends.

The Dapo Agoro Foundation for Peace was launched the following year. The non-profit organization that promotes non-violent conflict resolution in schools, something Dapo himself promoted while a student at Lester B. Pearson High School.

The foundation was created to establish

an annual Scholarship Award for Peace that is given to a graduating student at Lester B. Pearson every year who best exemplifies graduate student expectations and exemplifies Christian behaviour, including the promotion of peace and non-violent conflict resolution during their time at Lester B.

"To be back in person for the first time in three years is truly a blessing," says Shola Agoro. "Community building can happen in many ways, but one-on-one makes the most impact. Taking the time to share our experiences and what we've learned in person only adds to that spirit of togetherness."

There will be a number of activities live music, a BBQ and various sports including mini-soccer games.

Dapo was a popular student and accomplished soccer player. He was a peer counselor and effective mediator who gained a reputation as a peacekeeper among his fellow students.

For more information about the Dapo Fun Day or the Dapo Agoro Foundation For Peace, visit [www.dapoagorofoundation.org/](http://www.dapoagorofoundation.org/).



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The first Dapo Fun Day was held in 2002, just two months after the 18-year-old Lester B. Pearson student was tragically killed. The young man will forever be remembered as a peacemaker in the same vein as his hero Martin Luther King. FILE PHOTO



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# Here we go again

To say that Ottawa's light rail transit system has been plagued by mechanical issues is the understatement of the year.

In August 2021, a train derailment near the Tunney's Pasture Station shut the system down for several days. A month later, there was a second derailment, this time near the Tremblay Station.

Both incidents were caused by failures of the cartridge assembly connecting the train's wheels and axle to the drive train.

And just last July, a third possible derailment was averted when an LRT operator reported an unusual vibration. Upon further inspection it was discovered that the axle hub was on the verge of catastrophic failure.

And those are just mechanical issues. The LRT has been forced to shut down for weather-related issues at least four or five times.

The latest failure which closed the LRT down for nearly two weeks from July 17-30 was caused when excess grease was found on the axle of one of the trains, presumably from the cartridge assembly.

During the shutdown the axle bearings on all 44 LRT vehicles were inspected, with seven needing to be replaced.

It doesn't exactly instill a whole lot of confidence in a system that is already the butt of numerous jokes.

The only positive news is that the train's manufacturer Alstom – and not the taxpayer – will shoulder the brunt of the cost of a more permanent fix, although "permanent" in this context is a purely relative term.

In the meantime, Ottawa taxpayers will bear the brunt of the cost of a white elephant that faces a drastic reduction in ridership projections due to the federal government's decision to let federal government employees work from home.

If you look up the word "boondoggle", you will see a picture of an empty LRT train rattling down the track.

And now Premier Doug Ford says that there will be no funding for Phase 3 of LRT (which would take riders out to Kanata, Stittsville and Barrhaven) to get built until all the existing problems are fixed, which makes perfect sense if you think that there won't be any more problems down the road.

Part of me is not sure whether to laugh or cry. I'm beginning to think Ottawa's LRT system is not only plagued, but cursed. Remember the sink hole that formed as they were building the Rideau Centre Station?

Some witch has placed a curse on the LRT and Ottawa transit users are being forced to pay the price.

While Alstom and the Rideau Transit Group are absorbing the costs of repairing the trains, they should think about spending a few bucks to lift whatever the curse has been placed on them.

– Fred Sherwin, editor

**THE**  
**Orléans Star**

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Ontario Community  
Newspapers Association

**Fred Sherwin**  
Owner and publisher

**Jody Maffett**  
Editor

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SOMEWHERE IN A CAMPGROUND THIS SUMMER

ARE YOU SURE YOU  
PUT ALL THE FOOD IN  
THE CAR?

I'M PRETTY SURE.



## MPP pays tribute to Orléans outstanding football legacy

As a season ticket holder of the RedBlacks, the last two weeks have given us fans a lot to cheer about, especially the victory in overtime at home. Here is hoping this momentum continues and they make a run at the playoffs and possibly towards another Grey Cup.

As a parent to a player with one of our own local community football teams, the Cumberland Panthers, there has been so much to cheer about for years.

When this article goes to print, two of our three Summer teams will be heading into the semi-finals, and are the favourites to bring home two provincial championships. Their head coaches, Mike Schmidt, and Tony Canonico, their respective staffs and their players have strongly represented not only our community but our entire city.

The Cumberland Panthers have also fielded successful U19 and U16 girls' tackle teams this Summer that were provincial finalists. A huge congratulations to their staff and most notably, their players.

After the Summer season concludes, the Panthers

at all levels will be, once again, ready to defend and compete for several city championships. When I'm not at Queen's Park, you can catch me on the sidelines at Millennium cheering on the players.

The success of the gridiron in our community extends to the high school level. St. Matthew High School is looking to defend its city championship and I am told that my alma mater, St. Peter

High School, is readying to reclaim its dominance on the high school football scene, which will make an interesting fall season. Who will be the beast of the East?

And surely if this is not enough football for you, our two university teams, the uOttawa Gee-Gees, and the Carleton Ravens are worth the price of admission. On these respective teams, you will find many local players suiting up. The last four Panda Games, an Ottawa cherished tradition, belong to the stampeding Gee-Gees so will they continue their dominance or will the Raven finally soar over them?

Looking forward to seeing you gridiron fans on one, or many, of these fields



**Queen's  
Park  
Corner**

**Stephen Blais**

[www.orleansstar.ca](http://www.orleansstar.ca)



# 10 reasons why Amsterdam is one of the greatest cities in the world

When I was in my late teens and early to mid-20s, Amsterdam was one of those mystical, mysterious places like Bora Bora, Rio de Janeiro and New Orléans.

It was the land of hippies, backpackers and legal drug use.

I always wanted to go to Amsterdam and almost did in 1989 when my buddy Jango Edwards invited me to tag along with him and work one of the spotlights during a European tour.

I met Jango, who was a professional clown in the true European tradition of clowning, when he was performing in the 1988 Just for Laughs Festival in Montréal. I was a photographer working for the *Montréal Daily News* at the time and we hit it off right away. So much so, that when he made a return engagement in 1989, he invited me on his European tour.

I decided not to go and stayed in Montréal, but have often thought about how different my life would have of been if I had of gone.

It would be another 28 years before I would get another invitation to visit the Dutch city, this time from a pair of young ladies I met during a vacation in Cuba.

I took them up on their offer in October, 2020, and was blown away by how beautiful the city, its residents and the culture is.



I have been back four times since and each and every time my love and appreciation for the city has only grown.

Those of you who have already been to the Amsterdam likely know what I mean. For those of you who haven't, here is a list of the 10 best things about Amsterdam.

1) The architecture and canals. Walking around Amsterdam is the cheapest and most engrossing activity you can do. You literally have an Instagram moment around every corner.

2) The art galleries and museums. The Rijksmuseum is one of the finest museums in all of Europe and the art galleries include the Rembrandt House and the Vincent Van Gogh Museum.

3) Vondelpark. Located just outside the city centre near the Rijksmuseum, Vondelpark is one of the great parks in Amsterdam

similar to Central Park in New York City and City Park in New Orléans.

4) The neighbourhoods. While most tourists flock to the centre of Amsterdam, they are missing several great neighbourhoods like the Jordaan, which is located to the west of the city centre and has many quaint shops and delicious restaurants and De Pijp, which is located to the south of the city centre and also has a number of great restaurants and is also home to the Albert Cuyp outdoor market.

To the west of De Pijp is Amsterdam Oud-West which is an up-and-coming neighbourhood with quirky design shops and craft coffee spots in early-1900s buildings.

5) The prices. As opposed to the more expensive cities in Europe like Paris, London, or Rome, Amsterdam is relatively cheap. In fact, the prices are mostly on par with prices in Canada. At a typical Thai restaurant the Pad Thai is about \$25 and at an Italian place I visited during my last trip there, the Veal Saltimbocca was \$35. Additionally, the average price of a beer is \$6 to \$8.

6) The transportation. Public transportation in Amsterdam is next level. It's easy to use and even easier to pay for. When taking the subway you just pay by using your credit card at the turnstile. Cost for a one way

subway ride is \$3.73. The trolleys are also run extremely frequently.

7) Kibbling and pickled herring. Kibbling is deep-fried, bite-sized pieces of white fish served with a tartar sauce and pickled herring is just that, best eaten with chopped onions and pickles.

8) Outdoor cafes and terraces. You can enjoy a coffee, beer or glass of wine and watch the world go by on literally every street in Amsterdam.

9) Locals riding bikes. Amsterdamers and pretty everyone in the the Netherlands for that matter ride their bikes in an upright fashion with perfect posture. It's an impressive sight compared to we Canadians who always ride hunched over.

10) It's close proximity to places like Haarlem, Zandvoort aan Zee and Volendam means you can escape the city in under an hour and either be at the beach, a picturesque seaside village, or a medieval town.

These are just 10 of the reasons I love Amsterdam so much. The other 12 reasons are the lifelong friends I have made there, which make each and every visit as memorable as the last.

I hope you will be able to visit one day and see for yourself why Amsterdam is one of the greatest cities in the world.

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# The cows are roosting and it's time for the chickens to come home

I've had just about enough of the constant power outages in our area. Last week, I counted six in three days of varying duration.

It's so unbelievably disruptive to those of us working from home and dangerous to those of us who rely on medical devices like CPAP care, oxygen and dialysis.

I think we can all agree that the occasional loss of power during a storm or in the dog days of summer when demand is high, while annoying, is to be expected. However, the last year of unreliability, punctuated by the last week, calls for an explanation.

I've been prodding our semi-private provincial provider and hope to have some meaningful answers for you shortly. We deserve to know the cause of recent unreliability, and what immediate mitigations are being worked on while a proper solution is found.

I'd hazard to guess that development has outpaced infrastructure growth, as has

happened to us here in the east end when it comes to transportation infrastructure. For those not keeping score, Hwy. 174 and Innes Road are still the only two feasible routes in and out of Orléans and the NCC still doesn't seem to care that they are holding us hostage on connecting Brian Coburn Blvd. with the 417.

No one at the federal level seems interested in doing any more than co-signing a letter once a year about it, either.

Infrastructure must keep pace with growth. We need to build thousands of new homes in our city to meet demand and drive down lost, but what quality of life will we have when we sit in traffic on the 174 for two hours in the morning and two hours in the evening only to come home to sit in the dark?

You'll have to pardon the farm idioms. As a newly minted rural rep, I've grown fond of them. I'll bang this drum until the cows come home, because the chickens are already here.... and they're roosting.



**Matt Luloff**

Orléans East-Cumberland

# Brian Coburn/Tenth Line junction may get advanced green light soon

I have said it time and again: the biggest challenge facing South Orléans is that development has outpaced infrastructure.

I am a life-long east ender. My parents, who still live in the house I grew up in, bought in one of the first subdivisions in Orléans. At the time, the 174 was two lanes, Place d'Orléans didn't exist, my high school (St. Matt's) wasn't yet built and the majority of what is now known as Orléans was farmland.

By and large, the homes that I now represent didn't exist back then. In high school, I would only visit Innes Road to go the Walmart – which was surrounded by vacant land and seemed out of place on a rural back road.

Now, South Orléans is home to a vibrant, diverse community that I am immensely proud to represent. But, we do have our challenges: maddening congestion being near the top of the list.

I work every day to advocate for our community and the investment it deserves. Sometimes this materializes in large leaps,

and other times, it's small wins.

A new advanced left signal for eastbound traffic at Brian Coburn / Tenth Line is one such hard-fought, small victory.

After repeatedly being told by City staff the intersection was functioning as intended, I took matters into my own hands last year and sent my team to the intersection to make our own observations.

With a strengthened case for a solution, City staff took my direction to reevaluate the intersection for engineered modifications that would improve its safety and functionality. While the study is ongoing and future modifications are forthcoming, flipping the switch on a long-awaited advanced green is the first improvement. I will continue to keep the community posted as I continue to make progress on this problematic intersection, and others (!) in our community.

Pedestrians, cyclists and drivers in South Orléans deserve to feel safe on our roads, and I remain committed to moving our community forward in a healthy direction.



**Catherine Kitts**

Orléans South-Navan

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# A community with a rich history

By Jody Maffett  
The Orléans Star

The community of Orléans is made up of a collection of neighbourhoods in Ottawa's far east end.

Neighbourhoods such as Convent Glen, Orléans Wood, Chapel Hill, Queenswood Heights, Fallingbrook and Chatelaine Village were formally part of the municipalities of Gloucester and Cumberland. In fact, the border between the two former cities once ran through the centre of Place d'Orléans.

The name Orléans was given to the community by Jean-Théodore Besserer who was the first postmaster of Orléans in 1860. Besserer was born on Île d'Orléans in Québec and so he gave the fledgling community the name of his native island.

The community started out as the Parish of St. Joseph de Gloucester in 1860. The first known settlers to the area were François Dupuis, a veteran of the War of 1812, and Joseph Vézina, also known as Viseneau, who arrived in the area about 30 years before it became a parish. Other early settlers include the Major, Besserer and Duford families. The first anglophone families to settle in the area were the McNeelys and the Kennys.

In 1860, Father Alphonse-Marius Chaîne was appointed resident priest of the new Saint-Joseph d'Orléans parish. Construction of the first church was completed in 1885. It had to be demolished in 1920 for structural reasons and a new church was erected on the same site over the next two years.

In 1922, the Police Village of Orléans was formed with a council consisting of three volunteers elected to preserve peace, health and public safety. At that time, the village was part of Gloucester Township.

In 1930, the Police Village borrowed \$3,800 to build a sidewalk along Ottawa Street (known as St. Joseph Blvd. today) from Champlain Street to Cousineau Street. It wasn't until 1957 that the Village Council successfully petitioned to change the name of Ottawa Street to St. Joseph Blvd.

The Police Village was eventually abolished in 1974 and Orléans was left divided – one half in the municipality of Gloucester and the other half in the municipality of Cumberland.

In its earliest days – and right up until the mid-20th century – Orléans was a predominantly French-speaking community. In 1849, the population of the area was



approximately 50 people. Within 50 years, the area would see the construction of its first hotel, its first post office and its first school. But it wasn't until the 1980s that the community really boomed. During the early to mid-80s, Orléans was the fastest-growing community in Canada. Over that period, the population almost doubled. Today, Orléans is home to more than 115,000 inhabitants.

The community has a number of state-of-

the-art recreation facilities such as the Ray Friel Centre and Millennium Park, modern library services, a wonderful arts facility in the Shenkman Arts Centre, top-notch schools, a network of strong minor sports organizations, a thriving arts and culture community and dozens of parks.

The residents of Orléans have a lot to be proud of, but there is a lot to look forward to as well.

A large advertisement for Ottawa Arts Centres. On the left, there are two logos: the 'Shenkman Arts Centre' logo with a stylized 'X' and the 'NCAC INVAC arts' logo with the word 'arts' in a script font. Below these is the slogan 'Where the arts come to life!' in large, bold, black letters. Underneath the slogan is the website 'ottawa.ca/artscentres'. At the bottom left is the 'Ottawa' logo. The background of the entire advertisement is a vibrant collage of colorful paint splashes in shades of purple, blue, pink, and orange. Overlaid on these splashes are images of people: a woman in a black tank top with her arms raised, a man with a beard in a white shirt and dark overalls, and two young children, one wearing a top hat, all appearing to be engaged in artistic activities.



By Fred Sherwin  
The Orléans Star

The east end encompasses the federal district of Orléans as well as four municipal wards – Orléans Ward 1, Innes Ward 2, Beacon Hill-Cyrville Ward 11 and Cumberland Ward 19.

The current federal member of parliament is Marie-France Lalonde, while the member of provincial parliament (MPP) is Stephen Blais. Lalonde has been representing Orléans in the House of Commons since 2019. Prior to that she served five years at Queen's Park as MPP. Blais first won his seat in a by-election in February, 2019 that was held to determine Lalonde's replacement. He was re-elected during the provincial election this past spring.

Lalonde's constituency office is located in the Peter D. Clark Building at 255 Centrum Blvd. while Blais' constituency office can be found at 4473 Innes Rd., just east of Tenth Line Road.

At the municipal level, the east end is

divided into four wards: Beacon Hill-Cyrville Ward includes the neighbourhoods of Beacon Hill, Cyrville and Pineview.

Orléans West-Innes Ward is comprised of Blackburn Hamlet, Chapel Hill, Chateaufort, Convent Glen and Orléans Wood.

Orléans East-Cumberland Ward consists of Fallingbrook, Springridge, Châtelaine Village, Queenswood Village, Queenswood Heights and Cumberland Village.

Orléans South-Navan Ward is made up of Bradley Estates, Eastboro Chapel Hill South, Avalon, Notting Hill and the rural portion of the former municipality of Cumberland south of Wilhaven Road including Navan, Sarsfield and Vars.

Tim Tierney has represented Beacon Hill-Cyrville Ward on city council since 2010. He was re-elected in 2014, 2018 and again in 2022. Among his many duties on council, he is chair of the city's transportation committee and a member of the environment and climate change committee, the planning and housing committee and the transit commission.

In 2012 Coun. Tierney was elected to the Federation of Canadian Municipalities board of directors and is currently that organization's third vice-president.

Laura Dudas (Orléans West-Innes) and Matt Luloff (Orléans East-Cumberland) were first elected to city council in 2018 and were both re-elected in 2022.

Before she was elected, Coun. Dudas was the long-time chair of the Blackburn Community Association. Besides her duties on city council, Coun. Dudas serves as chair of the community services committee and is a member of the emergency preparedness and protective services committee, the planning and housing committee and the transportation committee.

Coun. Luloff is a former member of the Canadian Armed Forces and a veteran of the war in Afghanistan. Besides his duties on city council, Coun. Luloff is the chairperson on the Public Library Board. He is also a member of the emergency preparedness and protective services committee, the

environment and climate change committee, the transportation committee and the agriculture and rural affairs committee.

Coun. Kitts was first elected to city council in a by-election to replace Stephen Blais in November 2021. She was subsequently re-elected to represent Orléans South-Navan in the 2022 municipal election.

At 34, Coun. Kitts is the youngest member of city council (Matt Luloff is the next oldest at 38). As a member of council, Kitts is vice-chair of both the transportation committee and the finance and corporate services committee. She is also a member of the planning and housing committee and the agriculture and rural affairs committee.

All four east end councillors make a concerted effort to be as approachable and helpful to their constituents as possible. They also have a dedicated staff whose job it is to make sure that issues raised by their constituents are addressed in a timely manner.



**MATTHEW LULOFF**  
Orléans East-Cumberland  
613-580-2471  
Matt.Luloff@ottawa.ca  
www.matthewluloff.ca



**LAURA DUDAS**  
Orléans West-Innes  
613-580-2472  
laura.dudas@ottawa.ca  
www.LauraDudas.ca



**TIM TIERNEY**  
Beacon Hill-Cyrville  
613-580-2481  
tim.tierney@ottawa.ca  
www.timtierneyottawa.ca



**CATHERINE KITTS**  
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By Jody Maffett  
The Orléans Star

If you appreciate the arts, either as a patron or a practitioner, Orléans has much to offer for residents of all ages starting with the Shenkman Arts Centre.

Opened in 2009, the Shenkman Arts Centre is the cultural hub of Orléans offering programming in both French and English.

The Mouvement Implication de Francophones d'Orléans (MIFO) brings some of the best-known francophone acts in Canada to the Arts Centre every year with a variety of musical genres, comedy and dramatic performances.

The Shenkman Arts Centre is also home to the Ottawa School of Theatre, the Ottawa School of Art, the Gloucester Pottery School and four different galleries.

For more information about the Shenkman Arts Centre, including scheduling and ticket information, visit [shenkmanarts.ca](http://shenkmanarts.ca).

The Ottawa School of Theatre (formerly the Orléans Young Players) offers programming for all ages in both English and French. In fact, registration is now available for their

fall and winter classes.

The OST also has several classes for adults including an adult comedy workshop and a theatre appreciation course that involves going to productions across Ottawa.

The OST will be holding a homecoming and open house at the Shenkman Arts Centre on Sept. 16. For more information about the OST and their programming for 2023-2024, visit [ost-eto.ca](http://ost-eto.ca).

If singing is your thing, there are several talented choruses that hold regular auditions in search of new voices.

Coro Vivo Ottawa and Les Chansonniers d'Ottawa both have their roots in the east end and enjoy a well-earned reputation. Additional information about Coro Vivo Ottawa can be found at [corovivoottawa.ca](http://corovivoottawa.ca), while information about Les Chansonniers can be found at [leschansonniersottawa.com](http://leschansonniersottawa.com).

If you appreciate barbershop harmony you should consider joining the Bytown Beat chorus. Auditions are held on a regular basis and can be scheduled by e-mailing [info@bytownbeat.com](mailto:info@bytownbeat.com).

Orléans is also home to a thriving amateur



Opened in 2009, the Shenkman Arts Centre is the cultural hub of Orléans offering programming in both French and English. FILE PHOTOS

theatre scene. Vintage Stock Theatre stages two historical plays a year, including a murder mystery production which this year will be held on Oct. 23.

"Murder at the Manor" is being co-pre-

sented by the Cumberland Lions Club at the Lions Maple Hall in Cumberland Village.

Each murder mystery production is inspired by actual events that have taken place in Cumberland's rich history.



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By Jody Maffett  
The Orléans Star

Like many other bedroom communities in Canada, Orléans has its share of residents who, for various reasons, need help in times of crisis.

Whether they are experiencing financial hardship, are new arrivals to Canada or victims of domestic abuse, residents in need have not one, but two agencies they can turn to in times of need.

The Orléans Cumberland Community Resource Centre (OCCRC), located on Centrum Boulevard in Orléans Town Centre, serves residents living in the former municipality of Cumberland which includes Queenswood Heights, Fallingbrook, Orléans Wood, Cardinal Creek, Chatelaine Village and Avalon, while the Eastern Ottawa Resource Centre (EORC), located in the Gloucester Centre on Blair Road, serves residents living in the former municipality of Gloucester, which includes the communities of Beacon Hill, Blackburn Hamlet, Chateau-neuf, Chapel Hill and Convent Glen.

Both resource centres provide services and programs for youth, teenagers and

families and both agencies operate an Early Years drop-in centre.

In addition, the EORC provides services and programs for seniors and adults with physical disabilities in both jurisdictions including Meals on Wheels.

The OCCRC also operates a food bank which provides emergency food supplies for individuals and families.

The EORC refers those in need of emergency food supplies to the Gloucester Emergency Food Cupboard located at 2040 Arrow-smith Dr. which operates under the same rules.

Both resources centres are able to provide services to residents in need thanks in large part to the generosity and dedication of dozens of donors, and community groups which hold fundraising events throughout the year.

The OCCRC has several programs in which local businesses and individuals can contribute directly to the agency, the biggest being the Community Caring Connection program in which donors can either make a lump sum donation, or a monthly contribution through a direct payment plan.



The Orléans Cumberland Community Resource Centre is located at 240 Centrum Blvd. across from the Shenkman Arts Centre. FILE PHOTO

Like the OCCRC, the Eastern Ottawa Resource Centre is largely dependent on third party fund-raising efforts. They also organize their own fundraising events, the biggest of which is their charity auction and dinner held every spring.

You can learn more about the Eastern Ottawa Resource Centre and the programs the agency provides at [www.eorc-creo.ca](http://www.eorc-creo.ca).

The Orléans Cumberland Community Resource Centre's website can be found at [www.crcoc.ca](http://www.crcoc.ca).

**We are here to help!**  
**Nous sommes là pour vous!**

If you need food, help accessing your medications, transportation to essential medical appointments, emergency crisis intervention support, looking to speak with someone or trying to cope with the situation.

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L'ODYSSÉE**  
odysee.cepeo.on.ca



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LE PRÉLUDE**  
prelude.cepeo.on.ca



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seraphin-marion.cepeo.on.ca



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Conseil des écoles catholique de Centre-Est

[www.ecolecatholique.ca](http://www.ecolecatholique.ca)

École secondaire Béatrice Desloges, 1999, av. Provence  
École secondaire Garneau, 6588, rue Carrière  
Collège catholique Mer Bleue, 6401, ch. Renaud  
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École catholique Arc-en-ciel, 1830, boul. Portobello  
École catholique de la Découverte, 866, av. Scala  
École catholique Notre-Place, 665, prom. des Aubépines  
École catholique Notre-Dame-des-Champs, 6280, ch. Renaud  
École catholique des Pionniers, 720, prom. Merkley  
École catholique des Voyageurs, 6030, prom. Voyageur  
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613-834-4453  
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613-742-2483

## Arts et culture

Les Chansonniers d'Ottawa [www.leschansonniersottawa.ca](http://www.leschansonniersottawa.ca)

Mouvement d'implication francophone d'Orléans (MIFO) [www.mifo.ca](http://www.mifo.ca) 613-830-6436

## Club d'affaires

Business Club d'Orléans [www.businesscluborleans.com](http://www.businesscluborleans.com)

## Centres de ressource communautaire

Centre des ressources de l'Est d'Ottawa, 1980 ch Ogilvie

[www.eorc-creo.ca](http://www.eorc-creo.ca)

613-741-6025

Centre de ressources communautaires Orléans Cumberland, 240 boul Centrum

[www.crcoc.ca](http://www.crcoc.ca)

613-830-4357

## Patrimoine et l'histoire

Société franco-ontarienne de patrimoine et de l'histoire d'Orléans [www.sfopho.com](http://www.sfopho.com)

## Club des aînés

Rendez-vous des aînés francophones d'Ottawa, 3349 chemin Navan

613-834-6808

<https://rafo.ca/>

Centre Séraphin-Marion d'Orléans

613-830-6436

[mifo.ca/activites-recreatives/csmo-50-ans-et/](http://mifo.ca/activites-recreatives/csmo-50-ans-et/)

**[www.issuu.com/orleanais](http://www.issuu.com/orleanais)**



By Jean-Marc Pacelli  
The Orléans Star

Depuis ses débuts, Orléans a toujours été fière de ses racines francophones.

Lors du recensement de 2016, plus de 30 pour cent des résidents d'Orléans ont indiqué le français comme langue maternelle et beaucoup plus s'identifiaient comme francophiles, ou possédant la capacité de parler et de comprendre le français.

La communauté francophone d'Orléans a travaillé fort pour établir et maintenir des institutions clés comme le Mouvement d'implication francophone d'Orléans (MIFO) et le Rendez-vous des aînés francophones d'Ottawa (RAFO).

Fondé en 1979, le MIFO est la source culturelle de la population francophone locale d'Orléans. L'organisme offre une multitude de programmes et de services communautaires. Le centre culturel MIFO de la rue Carrière abrite le Centre Séraphin-Marion d'Orléans qui offre des activités aux aînés francophones.

Le MIFO est également chargé d'amener des artistes, des comédiens et des représentations théâtrales de langue française au Centre des Arts Shenkman, bien que la

pandémie de COVID-19 les ait contraints à une interruption indéfinie.

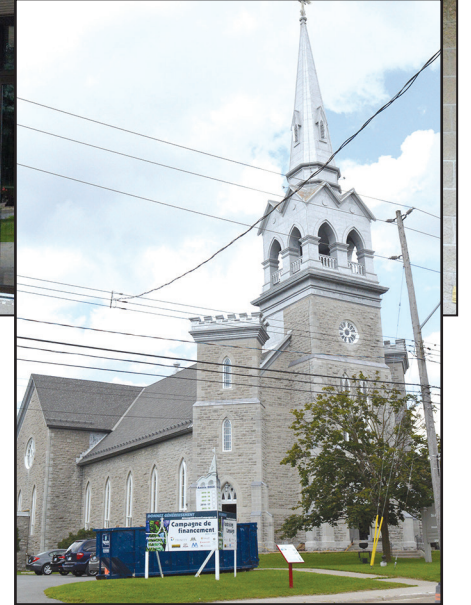
Il en va de même pour le Rendez-vous des aînés francophones d'Ottawa (RAFO) qui offre normalement une grande variété d'activités pour les aînés francophones de la région. Le RAFO est le plus grand club francophone d'aînés à Orléans. Il est situé au 3499, chemin Navan.

Un autre organisme francophone important à Orléans est la Société franco-ontarienne du patrimoine et de l'histoire d'Orléans (SFOPHO). Le groupe est chargé de convaincre la ville de nommer plusieurs des rues et des parcs locaux en l'honneur de personnalités francophones importantes qui ont joué un rôle clé dans la communauté.

Alors que le MIFO est la source de la culture francophone à Orléans et que la SFOPHO est la gardienne de son patrimoine, l'église St-Joseph d'Orléans en est le cœur et l'âme. L'église située au 2757, boulevard St-Joseph a été achevée en 1922 pour remplacer le bâtiment d'origine qui se trouvait sur le site de 1885 à 1920, date à laquelle il a dû être démoli pour des raisons structurelles. Le bâtiment a récemment subi d'importantes rénovations.



Le Mouvement d'implication francophone d'Orléans possède un centre culturel situé au 6600, rue Carrière. (À droite) L'église de la Paroisse St-Joseph d'Orléans est située au 2757, boul. St-Joseph. PHOTOS FICHIER



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All other police inquiries [ottawapolice.ca](http://ottawapolice.ca) 613-236-1222  
Orléans-Cumberland Community Police Centre, 3343 St. Joseph Blvd. 613-236-1222 ext. 3571  
The Childfen's Aid Society [casott.on.ca](http://casott.on.ca) 613-747-7800

## Local politicians

Orléans MP Marie-France Lalonde (federal) 613-834-1800  
<https://mariefrancelalonde.libparl.ca/>  
Orléans MPP Stephen Blais (provincial) 613-834-8679  
[www.stephenblais.ca](http://www.stephenblais.ca)  
Orléans East-Cumberland Ward City Councillor Matt Luloff 613-580-2471  
[www.matthewluloff.ca](http://www.matthewluloff.ca)  
Orléans West-Innes Ward City Councillor Laura Dudas 613-580-2472  
[www.lauradudas.ca](http://www.lauradudas.ca)  
Orléans South-Navan Ward City Councillor Catherine Kitts 613-580-2489  
[www.catherinekitts.com](http://www.catherinekitts.com)  
Beacon Hill-Cyrville City Councillor Tim Tierney 613-580-2481  
[www.timtierneyottawa.ca](http://www.timtierneyottawa.ca)

## Municipal Services

City of Ottawa information line 3-1-1  
<http://ottawa.ca/en/city-hall/your-city-government/contact-city-ottawa>  
Ottawa Library Cumberland Branch (Ray Friel Centre) 613-580-2940  
Ottawa Library Orléans Branch, 1705 Orléans Blvd. 613-580-2940  
OC Transpo [www.octranspo.com](http://www.octranspo.com); Schedule information 613-741-4390

## Community Associations

Beacon Hill [www.bhca.ca](http://www.bhca.ca)  
Blackburn Hamlet [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)  
Bradley Estates [www.bradleyestates.ca](http://www.bradleyestates.ca)  
Cardinal Creek [www.cardinalcreek.org](http://www.cardinalcreek.org)  
Carlsbad Springs [www.carlsbadsprings.ca](http://www.carlsbadsprings.ca)  
Chapel Hill South [www.chapelhillsouth.ca](http://www.chapelhillsouth.ca)  
Chapel Hill North <http://chapelhillnorth.blogspot.com/>  
Convent Glen-Orléans Wood [www.conventglenorleanswood.com](http://www.conventglenorleanswood.com)  
Cumberland Village [www.cumberlandvillage.ca](http://www.cumberlandvillage.ca)  
Fallingbrook [www.fallingbrook.com](http://www.fallingbrook.com)  
Greater Avalon [www.gaca-acga.com](http://www.gaca-acga.com)  
Navan [www.navan.on.ca](http://www.navan.on.ca)  
Queenswood Heights [www.queenswoodheights.com](http://www.queenswoodheights.com)  
Sarsfield <https://www.facebook.com/Sarsfieldacs>  
Vars <http://vars.ca>

## Community Centres

Aquaview Community Centre, 318 Aquaview Dr. 613-824-0633 ext 221  
Beacon Hill North Community Centre, 2130 Radford Crt. 613-748-1771  
Bearbrook Community Centre, 8720 Russell Rd. 613-824-0633 ext 221  
Blackburn Community Centre, 190 Glen Park Dr. [hall@blackburnhamlet.ca](mailto:hall@blackburnhamlet.ca)  
Carlsbad Springs Community Centre, 6020 Piperville Rd. 613-822-1435  
François Dupuis Recreation Centre, 2263 Portobello Blvd. 613-580-8080  
Navan Memorial Arena, 1295 Colonial Rd. 613-824-0633 ext 221  
Notre-Dame-des-Champs C.C., 3659 Navan Rd. 613-580-2424 ext 32060  
Peter D. Clarke Place, 255 Centrum Blvd., 613-580-2424 ext 15930  
Pierre Rocque Community Centre, 1257 Joseph Drouin St. 613-580-2424 ext 32060  
Roy G. Hobbs Community Centre, 109 Larch Cres. 613-580-2424 ext 32060  
Queenswood Heights Community Centre, 1485 Duford Dr. 613-580-2424 ext 32060  
R.J. Kennedy Arena, 1115 Dunning Rd. 613-824-0633 ext. 221  
South Fallingbrook Community Centre, 998 Valin St. 613-824-0633

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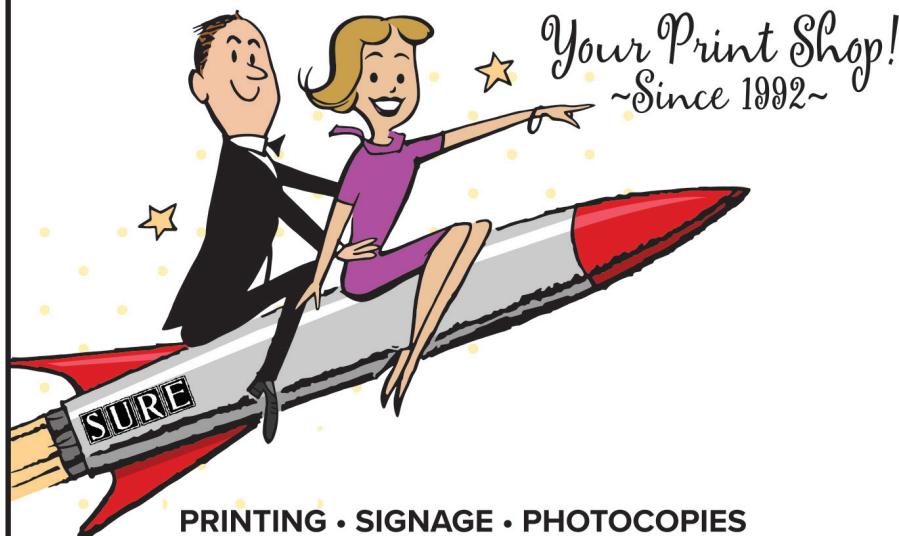
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Arteast Ottawa [arteastottawa.com](http://arteastottawa.com)  
 Bytown Beat Chorus [bytownbeat.groupanizer.com](http://bytownbeat.groupanizer.com)  
 Coro Vivo Ottawa [corovivoottawa.ca](http://corovivoottawa.ca)  
 Cross Town Youth Chorus [ctyc.ca](http://ctyc.ca)  
 Cumberland Community Singers [cumberlandcommunitysingers.ca](http://cumberlandcommunitysingers.ca)  
 Common Thread Quilt Guild [commonthreadquiltguild.ca](http://commonthreadquiltguild.ca)  
 Gloucester Pottery School [gloucesterpotteryschool.com](http://gloucesterpotteryschool.com) 613-580-2787  
 Les Chansonniers d'Ottawa [facebook.com/LesChansonniersdOttawa](https://facebook.com/LesChansonniersdOttawa)  
 Mouvement d'implication francophone d'Orléans (MIFO) [mifo.ca](http://mifo.ca) 613-830-6436  
 Ottawa School of Art – Orléans Campus 613-580-2765  
[artottawa.ca/orleans-campus](http://artottawa.ca/orleans-campus)  
 Ottawa School of Theatre <https://ost-eto.ca> 613-580-2764  
 Ottawa Artisans' Guild [nationalcapitalartisans.ca](http://nationalcapitalartisans.ca)

## Community Resource Centres

Eastern Ottawa Resource Centre, 1980 Ogilvie Rd. 613-741-6025  
[www.eorc-creo.ca](http://www.eorc-creo.ca)  
 Orléans Cumberland Community Resource Centre, 240 Centrum Blvd. 613-830-4357  
[www.crcoc.ca](http://www.crcoc.ca)

## History and Heritage

Cumberland Heritage Village Museum, 2940 Old Montreal Rd. 613-580-2988  
[www.facebook.com/cumberlandmuseum/](https://www.facebook.com/cumberlandmuseum/)  
 Cumberland Township Historical Society [www.cths.ca](http://www.cths.ca)  
 Gloucester Historical Society [www.gloucesterhistory.com](http://www.gloucesterhistory.com)  
 Société franco-ontarienne de patrimoine et de l'histoire d'Orléans [www.sfopho.com](http://www.sfopho.com)

## Service clubs

Cumberland Lions Club [https://e-clubhouse.org/sites/cumberland\\_on/](https://e-clubhouse.org/sites/cumberland_on/)  
 Gloucester North Lions Club <https://e-clubhouse.org/sites/gloucesternorth/>  
 Kiwanis Eastern Ottawa Est [www.keoe.ca](http://www.keoe.ca)  
 Navan Lions Club [www.navanlions.ca](http://www.navanlions.ca)  
 Navan Women's Institute [www.navanwomen.com](http://www.navanwomen.com)  
 Orléans Lions Club [e-clubhouse.org/sites/orleans\\_on/](https://e-clubhouse.org/sites/orleans_on/)  
 Rotary Club of Orléans <https://portal.clubrunner.ca/4921>  
 Royal Canadian Legion Branch 632, 800 Taylor Creek Dr. 613-830-9984  
 Website : [www.rcl632.com](http://www.rcl632.com)

## Seniors clubs

Gloucester 50+ Centre, 4355 Halmont Dr. 613-749-1974  
 Website: [www.gloucester50pluscentre.ca](http://www.gloucester50pluscentre.ca)  
 Hobbs Seniors Club, 109 Larch Cres. 613-462-4082  
 Website: [hobbsseniorsclub.weebly.com](http://hobbsseniorsclub.weebly.com)  
 Rendez-vous des aînés francophones d'Ottawa, 3349 Navan Rd. 613-834-6808  
 Website: [rafo.ca](http://rafo.ca)

## Sports and Recreation Arenas

Lois Kemp Arena (Blackburn), 200 Glen Park Dr. 613-824-5197  
 Earl Armstrong Arena, 2020 Ogilvie Rd. 613-746-7109  
 Richcraft Sensplex, 813 Shefford Rd. 613-599-0363  
 Bob MacQuarrie Recreation Complex, 1490 Youville Dr. 613-824-0819  
 Navan Memorial Arena, 1295 Colonial Rd. 613-824-0633 ext 221  
 Ray Friel Recreation Complex, 1585 Tenth Line Rd. 613-580-4765  
 R.J. Kennedy Arena, 1115 Dunning Rd. 613-824-0633 ext 221

## Swimming pools

Bob MacQuarrie Recreation Complex, 1490 Youville Dr. 613-824-0819  
 François Dupuis Recreation Centre, 2263 Portobello Blvd. 613-580-8080  
 Ray Friel Recreation Complex, 1585 Tenth Line Rd. 613-830-2747  
 Splash Wave Pool, 2040 Ogilvie Rd. 613-748-4222

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# Your community *Orléans* contacts

## Health Care Services

East Ottawa Community Family Health Team, 1811 St. Joseph Blvd.

[www.esfestottawa.ca](http://www.esfestottawa.ca)

613-590-0533

Family First Health Centre, 4270 Innes Rd. inside the Great Canadian Superstore

[www.ffhc.ca](http://www.ffhc.ca)

613-841-7009

## School Boards

Ottawa District School Board [www.ocdsb.ca](http://www.ocdsb.ca)

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Ottawa Catholic School Board [www.ocsb.ca](http://www.ocsb.ca)

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Conseil des écoles publiques de l'Est de l'Ontario [cepeo.on.ca](http://cepeo.on.ca)

613-742-8960

Conseil des écoles catholique de Centre-Est [ecolecatholique.ca](http://ecolecatholique.ca)

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## Minor Sports Associations

### Basketball

Gloucester-Cumberland Basketball [gcba.ca](http://gcba.ca)

### Baseball / Softball

Orléans Amateur Fastball Association [orleanssoftball.com](http://orleanssoftball.com)

Orléans Little League [orleanslittleleague.ca](http://orleanslittleleague.ca)

### Curling

Navan Curling Club, 1305 Fair Green Ave. [navancurling.ca](http://navancurling.ca)

613-835-2736

### Football

Orléans Bengals Football Club [orleansminorfootball.ca](http://orleansminorfootball.ca)

Cumberland Panthers Football Club [cumberlandpanthers.com](http://cumberlandpanthers.com)

### Gymnastics

Tumblers Gymnastics Centre [tumblers.ca](http://tumblers.ca)

613-834-4334

Club de gymnastique Les Sittelles [sittelles.ca](http://sittelles.ca)

613-830-5098

TRYumph Gymnastics Academy [tryumphgymnastics.ca](http://tryumphgymnastics.ca)

613-742-5066

### Hockey

Blackburn Minor Hockey Association [blackburnstingers.com](http://blackburnstingers.com)

Cumberland Minor Hockey Association [cumberlandminorhockey.ca](http://cumberlandminorhockey.ca)

Gloucester Cumberland Girls Hockey [gcgha.ca](http://gcgha.ca)

Orléans Minor Hockey Association [orleansminorhockey.ca](http://orleansminorhockey.ca)

### Ringette

Gloucester Cumberland Ringette Association [gcra-ringette.ca/](http://gcra-ringette.ca/)

### Soccer

Ottawa Gloucester Hornets [ogschornets.ca](http://ogschornets.ca)

Ottawa TFC [ottawatfc.com](http://ottawatfc.com)

### Speed Skating

Gloucester Concorde Speed Skating Club [gloucesterconcordes.ca](http://gloucesterconcordes.ca)

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[issuu.com/orleansstar](http://issuu.com/orleansstar)



By Fred Sherwin  
The Orléans Star

One of the best things about living in Orléans is the many fairs, festivals and community fun days that are held every year. Chief among them is the Navan Fair.

Held during the second weekend in August, the Navan Fair attracts people from across the region who crowd the fair grounds to watch the demolition derby, take in the livestock shows and enjoy the midway rides.

This year's fair is being held from Aug. 10-13. Among the highlights are the demolition derby on Thursday and Friday night, the Navan Fair parade on Saturday morning, and the grandstand show with headliners Bif Naked, Teigen Gayse, and Tim & The Glory Boys. You can find out more about the Navan Fair at [navanfair.com](http://navanfair.com).

In September, some of the top grill-masters in North America will return to Orléans for the annual Orléans Ribfest.

Last year's event attracted several thousand people who thoroughly enjoyed the combination of BBQ ribs, and live music. This year's event will once again be held in the Orléans Festival Plaza on Centrum Blvd., which will be closed to traffic for the

weekend event on Sept. 15 and 16.

Craft beer lovers will have to wait until next June for the next Orléans Craft Beer Festival which is also held in the Orléans Festival Plaza. In just two short years, the festival has grown into largest event in Orléans,

Other highlights during the year include the O Canada Day Celebration on Petrie Island, and the Blackburn Fun Fair which is held during the first weekend in June.

The annual fair comes complete with a midway, live entertainment and fireworks. The Fun Fair parade, which takes place on the Saturday morning, includes participants from every organization, school and youth group in the Hamlet.

Sticking to the month of June, Beacon Hill-Cyrville Coun. Tim Tierney hosts his annual Celebrate Summer event usually during the first or second weekend of the month.

The far east end is also home to several farmer's markets including the Cumberland Farmer's Market held at the RJ Kennedy Arena in Cumberland Village every Saturday morning; the Orléans Farmers Market which is held at the Ray Friel Centre every Thursday; and the Original Navan Market,



The Navan Fair (above) is held on the first weekend in August while the Orléans Craft Beer Festival (right) is held every June in the Orléans Festival Plaza. FILE PHOTOS

which is held on the last Sunday of every month during the summer.

Finally, the Cumberland Heritage Village Museum holds special events throughout the spring and summer including the Heritage Power Show, Firefighter Day and the Vintage Car Show.



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Orléans

# Keeping motorists on the road for 28 years

By Fred Sherwin  
The Orléans Star

Precision Automotive on Vantage Drive has been providing honest professional service for an honest price for the past 27 years. With 10 bays, five licensed technicians and one apprentice technicians, Precision is the largest independently owned service centre in the Ottawa region. They also have the expertise to service any make and model of vehicle.

It's a common myth that if you have your new or leased vehicle serviced at a place other than the dealer, the warranty will be voided or the lease somehow impacted, even if it's for an oil change.

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Technicians at Precision will check all your fluid conditions and levels, tire condition and pressures as well as all your drive belts, hoses and air conditioning system using the latest diagnostic computer equipment.

There is nothing more annoying than having an unforeseen breakdown. Not only

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Providing peace of mind for you and your family is what Precision Automotive is all about. Owner Rob Brouwer and his staff have a well-earned reputation for doing things right the first time, every-time and they back up their work with an industry leading 2-year/40,000km warranty on most new installed parts and labour.

Why not take advantage of their expertise and have your vehicle checked out today to avoid the chance of a potential headache tomorrow? As the saying goes, "An ounce of prevention is worth a pound of cure."

The licensed technicians at Precision can take of any type of repair from your brake and exhaust systems to your car's heating and cooling system and anything else under the hood.

Precision also specializes in tires. They carry all the main brands including Toyo, Michelin, Goodyear and Pirelli.

Deciding on a set of tires isn't difficult, but it pays to invest some time in the process. At Precision Automotive, they strive to provide their customers with the tire that



With 10 bays, five licensed technicians and one apprentice technician, Precision Automotive in Orléans is the largest independent service centre in Ottawa. STAFF PHOTO

best suits their vehicle, driving habits and budget. Their goal is to provide their clients with a tire that provides the best value for their dollar. The professionals at Precision will gladly take the time to discuss your tire options.

Precision Automotive is located at

385 Vantage Dr, behind the McDonald's restaurant at Innes and Tenth Line Road. You can also check out their web site for their latests special offers at [precisionautomotive.ca](http://precisionautomotive.ca), or call them at 613-841-5550.

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# A great place for an active lifestyle

By Jody Maffett  
The Orléans Star

Whether you bike, run, swim, play tennis or engage in any other sport, Orléans is a great place to pursue an active lifestyle and stay in shape.

It's no secret that Orléans is home to dozens of neighbourhood parks, but what is less commonly known is that they are connected by more than 50 kilometres of pathways that are shared by pedestrians and cyclists alike.

One of the more popular pathways runs along the Ottawa River from Petrie Island to Parliament Hill and further west all the way to Kanata.

Every weekend from May to October, the Sir George-Étienne Cartier Parkway is closed to vehicular traffic from St. Joseph Blvd. to the Aviation Parkway between 8 a.m. to 4 p.m. to allow for bikes, in-line skating, jogging, walking and even wheelchairs.

The Green's Creek area in Blackburn Hamlet is a great place to go for a run in the summer, or sledding in the winter. The hill at Green's Creek is one of the tallest tobogganing hills in the National Capital Region. The nearby Hornet's Nest soccer

facility is home to the Ottawa-Gloucester Hornets soccer club.

Further east, Millennium Park is where the Cumberland United Soccer Club and Ottawa TFC play their games as well as the Cumberland Panthers Football Club and the Ottawa-Carleton Ultimate Association. The Park is also home to the Kiwanis Playground and the largest splash pad in the east end.

Sticking to the great outdoors, Petrie Island – located on the Ottawa River – has become a recreation jewel with its two supervised beaches, nature trails and ecological reserve. The island, which can be accessed by a causeway at the northern end of Trim Road, is home to the Orléans Canada Day Celebration. It's also a popular destination for kayakers and canoeists who can paddle around the island and explore its many coves and inlets. In fact, the Petrie Island Canoe Club attracts dozens of new members every year.

If you don't own your own kayak or canoe, you can rent one at the Oziles Marina and Tackle Shop which is located on the causeway as you approach the island. Oziles rents paddle boards, jet skis and paddle boats.



Two great ways to spend a sunny Sunday in the east end is to take advantage of the NOKIA Bike Days on the Sir George-Étienne Cartier Parkway, or soak up some rays on Petrie Island (inset). FILE PHOTOS

Petrie Island is also a popular destination for ice fishing enthusiasts.

Orléans is blessed with not one, not two, but three municipal recreation centres. They are the Orléans Bob MacQuarrie Recreation Complex, located on Youville Drive, which has two indoor rinks, a fully equipped gym and a 25-metre pool that is shared by the Gloucester Synchro Club and the Ottawa Titans Water Polo Club; the Ray Friel Recreation Complex on Tenth

Line Road which has three indoor rinks, a wave pool and a fully equipped gym; and the François Dupuis Recreation Centre at the corner of Portobello and Brian Coburn Boulevards in Avalon which has a 25-metre, six-lane pool, a leisure pool and a fitness and cardio centre.

Annual and monthly memberships are available at all three recreation centres. For scheduling information visit [ottawa.ca/en/residents/recreation-and-parks](http://ottawa.ca/en/residents/recreation-and-parks).

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By Fred Sherwin  
The Orléans Star

Orléans has a rich history when it comes to minor sports. In fact, a number of local teams have won provincial and national championships in virtually every discipline. Most recently, Ottawa TFC's U21 women's soccer team won the 2023 Ontario Cup.

There are two main soccer clubs in the east end – the Ottawa Gloucester Hornets which play their games at the Hornet's Nest in Blackburn Hamlet and Ottawa TFC which plays their games at Millennium Park on Trim Road. Both clubs have recreational and competitive programs for players of all ages. Their respective websites can be found at [atogshornets.ca](http://atogshornets.ca) and [ottawatfc.com](http://ottawatfc.com).

While soccer may be the most popular summer sport in Orléans, there is no doubt that hockey is the most popular sport in the winter. There are several minor hockey organizations in the east end. Most are part of the Gloucester Hockey Association which includes both Blackburn Hamlet and Orléans west of Tenth Line Road. Everything east of Tenth Line Road is part of the Cumberland Minor Hockey Association.

A number of local hockey players have gone on to have successful NHL careers including Claude Giroux, Eric Gudbranson and Cody Ceci.

The Gloucester Hockey Association website has links to all the minor hockey associations in the east end. You can find their website at [gloucesterhockey.ottawa.on.ca](http://gloucesterhockey.ottawa.on.ca).

The Cumberland Minor Hockey Association website can be found at [cumberland-minorhockey.ca](http://cumberland-minorhockey.ca).

The east end is also home to two minor football organizations – the Orléans Minor Football Association, also known as the Orléans Bengals, which plays its games at Garneau high school and the Cumberland Panthers Football Club which plays its games at Millennium Park.

Besides tackle football, the Panthers also have a popular flag football program for both boys and girls starting at U10 for boys and U12 for the girls and a girls tackle program. You can find their website at [cumberland-panthers.com](http://cumberland-panthers.com). The Orléans Minor Football Association website can be found at [orleans-minorfootball.ca](http://orleans-minorfootball.ca).

Whether you're interested in basketball,



FILE PHOTO

ringette, synchronized swimming, speed-skating, Ultimate Frisbee or lacrosse you can pursue virtually every type of sport in Orléans. The area is home to two gymnastic clubs, a half dozen martial arts clubs and several reputable fitness centres.

Local golfers have several courses on

which to play including the Pineview Golf Course on Blair Road, the Bearbrook Golf Course on Rockdale Road, the GreyHawk Golf Club in Carlsbad Springs, the Outaouais Golf Club in Rockland, the Camelot Golf and Country Club in Cumberland and the Hammond Golf Club in Hammond.



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# Not having a set travel plan has surprising benefits

(Tori Dark and Kevin Nault have embarked on a trip across Canada aboard their newly converted camper van. In doing so, they are joining hundreds of other people who have taken up what is referred to in the culture as "VanLife". During their trip, the Orléans Star will publish a series of diary pieces from Tori allowing readers to follow the couple's journey. This is the fifth installment in that series.)

When my partner Kevin and I started our nomadic journey in May this year, we purposely didn't have a plan. We spent almost three years planning and building our dream home in our 2020 Ford Transit van, meticulously choosing every detail from how thick the insulation can be to which type of pocket screw we wanted for the cabinets. By the time we finished the renovation, we were done making decisions. So where did we go? To an abandoned parking lot in Gatineau. So romantic for your first night on the road!

Our original plan (two and a half years ago) was to go to the West Coast first. But with the help of my sister-in-law Lauren, we were able to convince Kevin it was a better idea to explore Atlantic Canada for the summer. The salty sea air, cool breeze and red sandy beaches speak for themselves. As much as I enjoyed exploring the northern terrain of Labrador and the isolated shores of Newfoundland, I was very excited to revisit Nova Scotia.

Kevin and I had made a "test run" trip to Prince Edward Island and Nova Scotia in August 2021. The van was empty at the time, which made driving a lot faster and much quieter. Oh, the good old days!

We borrowed Kevin's childhood twin

mattress, tied down a folding table to the struts and packed it with golf clubs and beer. We spent a total of 10 days traveling the East Coast tasting delicious seafood, golfing and hiking.

This time around we decided to spend a little more time in Halifax visiting our old friend Gavin. We had just spent five weeks traveling non-stop not knowing anyone but each other. It was a breath of fresh air to see a familiar face.

On the first day I was greeted by one of Gavin's neighbours, an elderly gentleman named Howard. I was tending to our propane tank outside the vehicle when I heard someone slam open their front door and shout, "Is that a campervan?". My heart sank as I thought I was in for an angry earful. I responded, "Yes sir, it is. I'm staying with your neighbour Gavin. Would you like me to move it?"

To my surprise, he replied, "No, why would you do that? It's a free country, ain't it?" After a quick chuckle, I approached Howard, who appeared to be 80 years young. He was intrigued by our van and asked all kinds of questions. Our meeting ended with him realizing that I was alone for the morning, so he invited me to spend the day with him doing none other than visiting the gravesites of those who perished during the Titanic in 1912.

I was equally shocked and intrigued by Howard's date proposition. I learned something new about our Canadian history as well as made a new friend. Unfortunately for the both of us, I didn't have time to go on an outing that day, but I made sure to visit Howard a few more times before we left for Montreal a week later.



Tori and Kevin take time out from their travels to do a little surfing on Lawrencetown Beach in Nova Scotia. TORI DARK PHOTO

If we had made a strict travel plan before we set sail this past spring, I can pretty much guarantee I would not have met Howard and made one of my favourite memories to date.

As important as it was to have a plan when building the van, I'm now seeing the

benefits of drifting through life. Hopefully, I will meet more people like Howard along the way.

(You can follow Tori and Kevin at [www.instagram.com/vanxiety\\_life/](https://www.instagram.com/vanxiety_life/). Tori and Kevin are both former students at Cairine Wilson Secondary School, Class of 2012.)

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# Ottawa TFC women's team wins third Ontario Cup title

By Fred Sherwin  
The Orléans Star

The Ottawa TFC U21 women's team successfully defended their Ontario Cup title last month by downing the Woodbridge Strikers 2-0 at the Vaughan Sports Centre near Toronto on July 23.

In doing so they became only the second U21 women's team to repeat as champions since the inception of U21 division in 2004. The only other team was the Burlington Bayhawks who won in 2012, 2014 and 2015. The U21 title was not contested in 2013.

Both Ottawa TFC and Woodbridge went into the title game having not given up a goal in their two previous games.

Severe weather threatened to postpone the final. In fact, Ottawa TFC were forced to do their warm up as the storm raged around them.

Fortunately for both teams the kickoff was only delayed by 15 minutes. When the action did start both teams appeared to be extremely tight.

Play went on for just 11 minutes when a nearby lightning strike forced a suspension in the action. Ordinarily, a game cannot resume until 30 minutes after the last lightning was seen.

In the case of the Vaughan Sports Centre, they also have an indoor soccer facility and so the decision was made to move the game indoors – parents and fans included – which made for a very intimate (and loud) environment.

When the action resumed after a half hour break, both teams seemed to be more at ease, especially Ottawa TFC.

"I think it helped us calm down," says veteran Ottawa TFC defender Lauren Curran. "We had a few nerves at the start, but the break helped put them past us and we were able to start playing the way we have been all season."

Ottawa TFC's attack was especially strong at the start of the second half and they eventually scored the game's first goal midway through the half on a strike from Zoe Lortie. It would turn out to be the only goal of the game as Ottawa TFC was able to make the one goal lead stand up until the end, giving them their third clean sheet in as many games.

For several of the girls on the team, it was their third Ontario Cup win in four years. They won the U17 championship in 2017.

Curran, Katie Brzozowski, Jenea Knight, Veronique Bolduc, Chanelle Chaput, Nora



Top Row (l to r): Lina Ducharme, Liana Farrell, Lauren Curran, Zoe Lortie, Mackenzie Curran, Victoria Ufholtz and Jordan Lundin. Bottom Row (l to r): Jenea Knight, Katie Brzozowski, Chanelle Chaput, Hailey Jones, Nora Ghie, Veronique Bolduc and Kylie Laframboise.

Ghie and Kylie Laframboise were all on last year's Ontario Cup winning team. And for many of them, it is the end of the road as they will no longer be age eligible for the U21 team. The only other option is to join the senior women's team.

Ottawa TFC qualified for the Final Four by first defeating East York 2-0 in a play in game on July 8.

They then beat North York FC 2-0 in the semi-finals on July 22 to earn a berth in the final against Woodbridge.



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# Fall activities

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## COMMUNITY BILLBOARD

**THURSDAY, AUG. 3**

**ORLÉANS FARMER'S MARKET** from 11 am to 4 pm in the parking lot at the Ray Friel Recreation Complex on Tenth Line Road featuring local food vendors and producers.

**SATURDAY, AUG. 5**

**CUMBERLAND FARMERS' MARKET** from 9 a.m. to 1 p.m. at the R.J. Kennedy Arena, 1115 Dunning Rd. in Cumberland Village. The Cumberland Farmers' Market features fresh vegetables, seasonal fruits, specialty foods, homemade treats and a variety of artisan goods.

**THURSDAY, AUG. 10**

**FRIDAY, AUG. 11**

**SATURDAY, AUG. 12**

**SUNDAY, AUG. 13**

**THE NAVAN FAIR** returns to the Navan Fair Grounds after a

three year hiatus. Plenty to see and do including a demolition derby, midway, livestock shows, the Ultimutts Dog and Cat Stunt Show, the Rock the Arts Puppet Show, tractor and truck pulls, musket demonstrations and live entertainment under the domes on Thursday, Friday and Saturday night as well as Sunday afternoon. For a complete schedule visit [navanfair.com](http://navanfair.com).

**FRIDAY, AUG. 11**

**NATIONAL PICKLEBALL DAY EVENT** from 6-9 p.m. at the Orléans Tennis Club, 1257 Joseph Drouin Ave. This free event will bring together players of all skill levels from across Ottawa. Courts will be designated for beginners to learn the game and paddles will be provided. Cakes and snacks will also be served.

**FRIDAY, AUG. 11**

**MOVIE IN THE PARK** presented by the Gagnier-Miller Real Estate Team, Blackburn Community Association and Laura Dudas. Tonight's movie is "Fantastic Beasts: the Secrets of Dumbledore". The movie will begin at 8:30 p.m. in the park next to the Blackburn Arena. In the event of rain, the movie will be shown in the Hall. Bring chairs and snacks!

**SUNDAY, AUG. 13**

**THE ORLEANS BREWING CO.** presents another installment in their live music Saturdays series with a performance by Steve Stacey from 8-11 p.m. The Orléans Brewing Co. is located at 4380 Innes Rd. (next to the Innes Road McDonalds.)

## IN MEMORIAM



**Robert Louis Bohn, 84**  
Passed away on July 25, 2023

**Helena Vesely, 76**  
Passed away on July 18, 2023

**Gérard Rochon, 88**  
Passed away on July 16, 2023



[www.heritagefh.ca/obituaries](http://www.heritagefh.ca/obituaries)

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### CHURCH LISTING

#### Church of God International Canada

*Please come and join us in worship and fellowship*

Weekly Sabbath Services (Saturday) at 1:00 p.m.

**PLEASE JOIN US FOR ENRICHING MESSAGES AND DISCUSSIONS.**

Please call or email for location 613-416-1533  
or [info@cgiottawa.ca](mailto:info@cgiottawa.ca)

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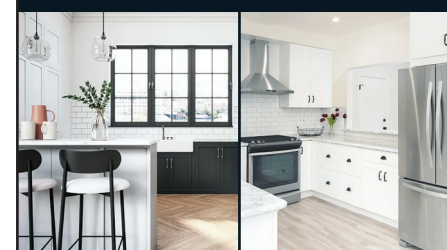
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